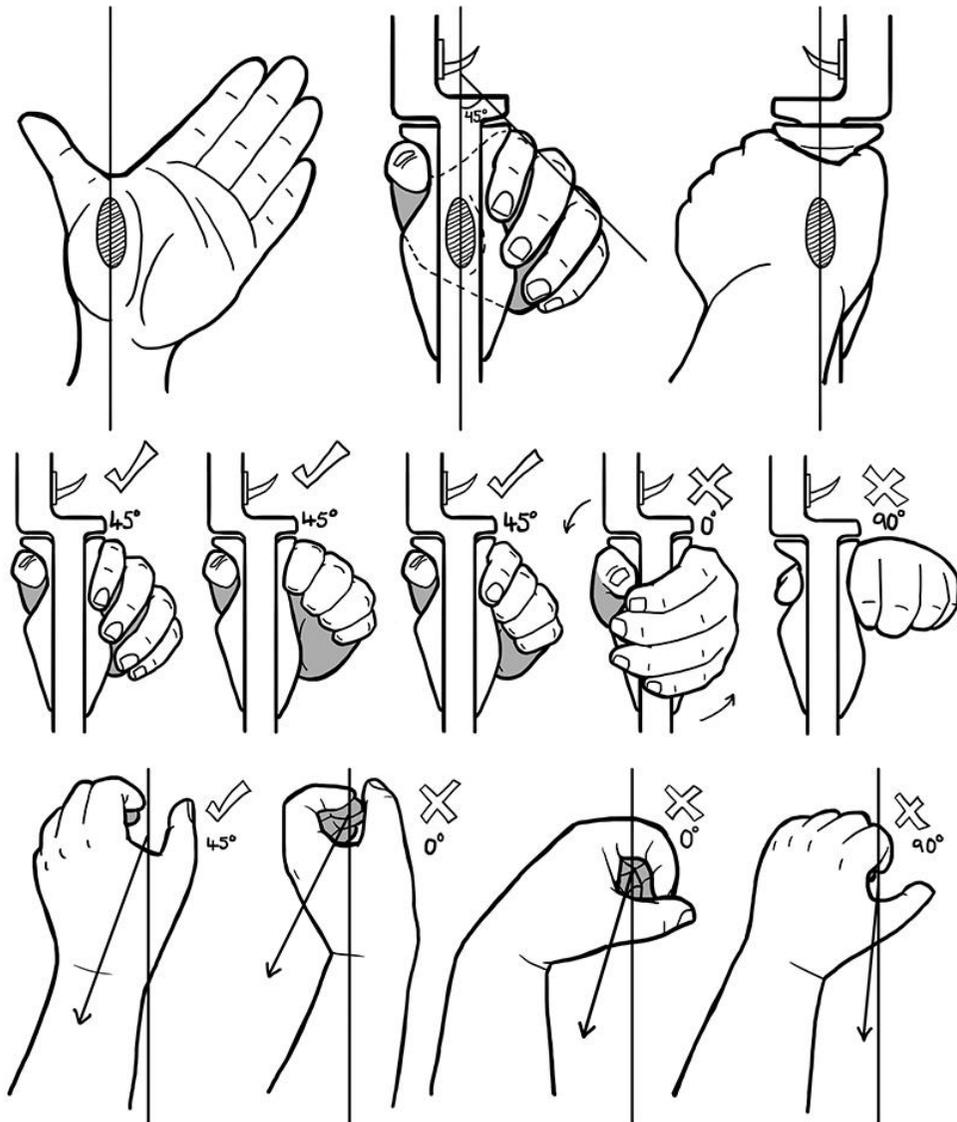


Recurve Bow Grip



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Shot Sequence

1. Check your stance and alignment to the target.
2. Nock your arrow.
3. Set your hands.
4. Prepare stand up straight.
5. Regulate breathing.
6. Raise the bow, check the bow window
7. Sights on gold, engage core.
8. Draw and anchor.
9. Check the string picture and relax your string hand to shoot.
10. Keep your sights on until the arrow hits.



Shot Sequence with detailed steps

- 1) Check your stance and alignment to the target.
 - i) Complete alignment test to the target in the T draw stance.
 - ii) Place foot-markers down.
- 2) Nock your arrow.
 - i) Click arrow onto nocking point Index fletching away from the bow.
- 3) Set your hands.
 - i) Set bow hand knuckles at 45 degrees and grip the riser with inside of thumb and index finger.
 - ii) Place fingers on the string, index finger above the arrow with middle and ring finger below the arrow.
 - iii) Fingers on the string must be set so that none touch the arrow.
 - iv) Fingers on the string must maintain an even pressure with the string in the grooves of the first joint of the fingers.
- 4) Prepare, stand up straight.
 - i) Posture must be such that the spine is in a neutral position, neither arched back or stooped forwards.
 - ii) Look towards the target.
- 5) Regulate your breathing.
 - i) Prepare to breathe in as you raise the bow.
 - ii) Prepare to breathe out and engage core before you draw the bow.
- 6) Raise the bow, check the bow window.
 - i) Breathe in as you raise the bow,
 - ii) Use the triceps and lats to raise the bow.
 - iii) Breathe out and Set your shoulder ready to resist the bow.
 - iv) Look at the string it should be in the middle of the limbs and riser, breathe normally.
- 7) Sights on the gold, engage core.
 - i) Focus on the gold on the target and bring the bow sight into line the sight ring should be blurred and the target in sharp focus.
 - ii) Resist the bow with your bow hand shoulder, breathe out and engage core
- 8) Draw and anchor.
 - i) Resist and Rotate.
 - ii) Your string hand should only move as your string hand shoulder rotates to bring the string to your face and anchor point.
 - iii) As your string hand shoulder rotates and you reach your anchor point engage the traps and rhomboid back muscles as soon as possible.
 - iv) Balance the pressure across the shoulders.
- 9) Check the string picture, relax your string hand to shoot.
 - i) At anchor the string will appear as a blur in your peripheral vision. Place this blur in the centre of the limb / riser.
 - ii) Maintain sights on the gold.
 - iii) Any sighting adjustments are made using the whole upper body, Not just your bow arm.
 - iv) Relax your string hand to shoot.
 - v) Maintain even finger pressure on the string, allow it to roll off your fingers.
 - vi) With correct use of back muscles there should be a slight rearwards movement of the string hand upon release.
- 10) Keep your sights on the gold until the arrow hits.
 - i) Do not allow your bow arm to drop or move from the point of aim until the arrow hits.
 - ii) **WELL DONE!! GOOD SHOT! NOW DO IT ALL AGAIN!**